



Finding Meaning in Medicine

A Conversation Among Friends
Facilitator Guide





Physician Champion Guide

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Finding Meaning in Medicine



A Little Bit of History...

Rachel Remen, MD, originally developed the Finding Meaning in Medicine experience in 1998 for physicians in San Francisco Bay area. Dr. Remen is most widely known for her best-selling books, *Kitchen Table Wisdom* and *My Grandfather's Blessings*. She also developed the highly regarded course, *The Healer's Art*, for first- and second-year medical students.

This model calls upon the untapped strengths inherent in all physician groups to create a powerful support environment for personal, spiritual and moral inquiry. The format is simple and works well with the organizational and interactional skills of any group of physicians. No special leadership skills are required, other than the ability to run an even-handed meeting where all voices are respected and heard.

The format encourages the establishment of a safe, non-judgmental and non-competitive interaction among physicians. It is a rare opportunity to share never-before shared material with colleagues and will offer a level of support, understanding and insight that is unique to a physician group. In expressing what makes medicine meaningful to them and receiving the appreciation and support of colleagues, physicians become strengthened in the very qualities they are seeking to restore to their professional lives and to medicine as a whole.

-FMM Resource Guide 5/02

Outcomes of Finding Meaning in Medicine: Storytelling

- Enabled physicians to see greater meaning in their work
- Enabled physicians to live closer to their spiritual values
- Physicians experienced an unmet need
- Increased extreme group loyalty
- Strengthened physician affiliation to their work and a diminishing of burnout
- Reduced physicians' feelings of isolation, grief and vulnerability and provided a far greater sense of meaning in their daily work



Finding Meaning in Medicine

Topic Ideas

Finding Meaning in Medicine is a conversation that invites physicians to speak from the heart, physician-to-physician, about personal experiences in their everyday lives that provide access to the deeper meaning of the practice of medicine.

Each meeting is organized around an announced topic. The “price of admission” is a story from your own experience – either personal or professional life -- that relates to the topic. Everyone is invited but never required to share a story. Participants are encouraged to respond personally and openly to what they have heard.

Discussion Topic Ideas

- | | | |
|----------------------------|----------------------------------|-------------------------|
| ● Work-Life Balance | ● Spirit – Spirituality – Prayer | ● Dignity |
| ● Compassion | ● Service | ● Surrender |
| ● Listening | ● Humor | ● Fear |
| ● Mistakes and Forgiveness | ● Collaboration | ● Awe |
| ● Anger | ● Commitment/Calling | ● Mystery |
| ● Trust | ● Loss | ● The Impactful Patient |
| ● Renewal | ● Surprises | ● Outlook |
| ● Humility | ● A Physician I Admire | ● A leader I admire |
| ● Honesty | ● Grace | ● A grateful patient |
| ● Encouragement | ● Suffering | |
| ● Gratitude | ● Clarity | |
| ● Forgiveness | | |



Quarterly Meeting



Step-by-Step

In Preparation:

Again, it is recommended that the physician champion extend the invitation to his/her colleagues **personally**. Invitees are asked to RSVP; many do, and some don't. Physician champions also receive a greater response when, on the day of the meeting, they personally text or email each physician who has attended (no group texting/email). Make it personal!

HOW WE HELP The CMI Team will work with local marketing and physician enterprise teams to ensure communication (these reminders may occur through email blasts, included in a newsletter and through CMI teams as they round).

To Begin:

Typically, Finding Meaning in Medicine gatherings occur in the evening at the home of the physician champion/facilitator and includes dinner. The two-and-a-half hour experience usually unfolds in the following manner.

6:00 – 6:45 pm Dinner/Social

6:45 – 8:15 pm Conversation

8:15 – 8:30 pm Closure and Choice of Topic for the Next Gathering

(The topic for the next gathering is chosen at the conclusion of the evening. Often a topic naturally surfaces during the discussion, so when it is time to choose a topic for the next gathering, there is a natural choice relevant to the group's needs. Other times, the physician co-facilitator reads a list of potential topics, and the group makes a decision.)

HOW WE HELP Our team will order and ensure delivery of food for the event.



- Start by welcoming each person as he/she arrives.
- Make introductions as necessary.
- Ask physicians to sign in and provide their mobile number and email address, so you can send them reminders.
- Welcome them to eat and socialize.

HOW WE HELP Our team has created a sign-in sheet to use for these events.

Allow the physicians time to arrive, eat and socialize. Food is best set up in a separate room from the gathering room. Ensure that the seating is in a circular format. Request that everyone grab dessert, and usher them into the storytelling room.

- The facilitator/physician champion welcomes participants, expressing that he/she has looked forward to the evening.

Script, if needed:

“Thank you for coming tonight, I am very honored to host this “Finding the Meaning in Medicine” event.

We are here today to share stories that will be both positive and inspiring to one another. Many times, we do not have anyone to speak to after something good or bad happens at work, and our goal is to provide you with a safe place to share your stories and hear stories that are similar to yours. My hope is that this will help us all remember why we went into medicine to begin with. At every meeting we will bring and share stories from our personal or professional lives, or from the literature, poems or exercises around a topic that is related to the essential experiences of the practice of medicine.”

- If there are new participants, have them introduce themselves to the group. Everyone will need to re-introduce themselves if the physician does not know everyone in the room. Each can state his/her name and specialty (but again, don’t linger on this).

Script, if needed:

“I would like to quickly go around the room so everyone can introduce themselves. Tell us your name, your specialty and why you have come or what you hope to get from these meetings.”

Facilitator will continue by introducing the topic for the evening.

Script, if needed:

“The topic selected at the end of our last meeting was _____. At the end of this meeting, we can determine the topic for our next gathering so the discussions will continue to be relevant to this group.”

- **Go over the ground rules.** It is important to begin each gathering by reminding participants of the ground rules. This ritual ensures that everyone -- veterans as well as first-timers -- understands the expectations of the group experience.

Script, if needed:

“I would like to start off by reminding everyone of the basic ground rules: listen in order to understand how it is for others; no need to have consensus or agreement; no need to offer advice; do offer support and personal insights; and be willing to wonder together.

Speak when/if you are moved to do so.

Be as fully present as possible (step out if you need to take/make a call).

Listen deeply, attentively and without judgement.

Resist any urge to problem solve, give advice or fix anything or anyone.

Respect the confidentiality of what is said.

HOW WE HELP Our team will provide the ground rules to display.

- You may wish to start with an inspiring poem, prayer, quote or video based on the topic of storytelling. *This is at the discretion of the physician champion.*

Script, if needed:

“Today, I am going to start off with a {poem, story or inspirational video} to help us start thinking about our group-selected topic.

Read or watch the prepared topic starter. Have the group reflect and start the dialogue by asking questions.

What does this bring up for you?

As the conversation dwindles on this topic, ask someone if he/she would like to share his/her story.

HOW WE HELP Our team can help the facilitator with information or links, as requested.

The physician champion can start off the group with his/her story based on the selected topic, if no one else wants to begin. Allow time for everyone to speak and others to respond accordingly. The facilitator or physician champion will ensure the conversation does not drift and that everyone has the opportunity to speak.

Questions to open dialogue:

- What does this say to you?
- What does this bring up for you?
- Anyone have thoughts on this?
- What feelings do you have about that?
- Is there anything about that experience that you wonder about?

Be sure to leave time for everyone to speak. Encourage participation by saying:

- Does anyone who has not spoken yet want to share anything?
- {Name}, is there something that you would like to add?

About 20 minutes before the conclusion:

- Call the discussion to a formal close.
- Ask for two or three suggestions for the next session’s topic.

Script, if needed:

“We have about 20 minutes left together. I just wanted to see if anyone has any final thoughts or comments.

I would like for the group to determine the next topic so that it is relevant to everyone. Any suggestions for the next topic?

If no one has a suggestion, let me name a few and see if any would be of interest to the group.

Compassion, Commitment/Calling, Fear, Forgiveness, Mistakes, Trust, etc.

Thank you all for coming, our next topic will be “_____”. I look forward to seeing you all here. We will send out reminders and invites to each of you, as we get closer to the date. Please feel free to invite a physician friend or colleague to the next meeting. I hope that this meeting was as beneficial to you as it was for me. Please sign in, if you haven’t done so already, and drive safely home.



After the meeting:

E-mail the CMI with the following information:

- | | |
|--------------------------------|---|
| • Topic for next meeting | • Any food we should/should not order again |
| • Date of next meeting | • Dietary restrictions of any meeting attendee(s) |
| • Location of the next meeting | • Any supplies needed for the next meeting |
| • Copy of sign-in sheet | |



Sign-in-Sheets

Finding Meaning in Medicine

Topic:

Meeting Date:

Facilitator:

Name

Mobile Number (for text reminders)

Email Address



Contact Information



Contact Information

Food and marketing supplies will be ordered by your local CMI team.

When a topic is selected during the meeting, please also determine the date of your next meeting and forward to the appropriate CMI team member.

- Please make sure that the CMI team is aware of your meeting dates and locations to ensure correct food order and delivery.
- Please provide CMI team with the meeting topic, date and location so that all marketing pieces can be updated and distributed.
- One week prior to your meeting, provide the number of RSVPs to the CMI team, and confirm date and location for food delivery.
- If marketing pieces are needed (cards, postcards, flyers, etc.), please provide a minimum of four weeks' notice.



Inspiration By Topic

Inspiration By Topic

Adversity (Overcoming):

Story: “Shake it Off and Step Up” & “Potatoes, Eggs and Coffee Beans”

Clarity:

Story: “This is Good” and “How rich are we?”

Commitment/Calling:

YouTube Video Title: 7 Years (A Life in Medicine) by ZDoggMD.com

Poem: “Never Give Up”

Compassion:

Story: “Paid in Full with One Glass of Milk” and “Puppies for Sale”

Encouragement:

Story: “Hospital Windows”

Fear:

Story: “Boy Giving Blood”

Grace:

Poem: “Paid in Full with One Glass of Milk”

Gratitude:

Poem: “Paid in Full with One Glass of Milk”

Humility:

Story: “How rich are we?”

Humor:

YouTube Video Title: Doc Vader versus Hospital

Administrator/ZDoggMD.com

Mistakes and Forgiveness:

Story: “This is Good”

Outlook:

Story: “Hospital Windows” and “How rich are we?”

Surprises:

Poem: “Paid in Full with One Glass of Milk”

Suffering:

Poem: “The Story of the Butterfly”

Trust:

Poem: “The Story of the Butterfly”

Work-Life Balance:

Poem: “Slow Dance” and “How much do you make an hour?”



“Paid in Full with One Glass of Milk”

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry. He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door.

Instead of a meal he asked for a drink of water. She thought he looked hungry so brought him a large glass of milk.

He drank it slowly, and then asked, “How much do I owe you?”

“You don’t owe me anything,” she replied. “Mother has taught us never to accept pay for a kindness.”

He said, “Then I thank you from my heart.”

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Years later that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately he rose and went down the hall of the hospital to her room.

Dressed in his doctor’s gown he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it, then wrote something on the edge and the bill was sent to her room.

She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally she looked, and something caught her attention on the side of the bill. She began to read the following words:

“Paid in full with one glass of milk”

The Story of the Butterfly

A man found a cocoon of a butterfly.

One day a small opening appeared.

He sat and watched the butterfly for several hours as it struggled to squeeze its body through the tiny hole.

Then it stopped, as if it couldn’t go further.

So the man decided to help the butterfly.

He took a pair of scissors and snipped off the remaining bits of cocoon.

The butterfly emerged easily but it had a swollen body and shriveled wings.

The man continued to watch it, expecting that any minute the wings would enlarge and expand enough to support the body, neither happened!

In fact the butterfly spent the rest of its life crawling around.

It was never able to fly.

What the man in his kindness and haste did not understand:

The restricting cocoon and the struggle required by the butterfly to get through the opening

was a way of forcing the fluid from the body into the wings so that it would be ready for flight once that was achieved.

Sometimes struggles are exactly what we need in our lives.

Going through life with no obstacles would cripple us.

We will not be as strong as we could have been and we would never fly.

Read more at <http://www.motivationalwellbeing.com/motivational-stories.html#ixzz4KzXU6sjf>





“Slow Dance”

Have you ever watched kids
On a merry-go-round?
Or listened to the rain
Slapping on the ground?

Ever followed a butterfly’s erratic flight?
Or gazed at the sun into the fading night?

You better slow down.
Don’t dance so fast.
Time is short.
The music won’t last.

Do you run through each day
On the fly?
When you ask: How are you?
Do you hear the reply?

When the day is done
do you lie in your bed?
With the next hundred chores
Running through your head?

You’d better slow down.
Don’t dance so fast.
Time is short.

The music won’t last.
Ever told your child,
We’ll do it tomorrow?

And in your haste,
Not see his sorrow?

Ever lost touch,
Let a good friendship die
‘Cause you never had time
To call and say, “Hi”?

You’d better slow down.
Don’t dance so fast.
Time is short.
The music won’t last.

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift thrown away.

Life is not a race.
Do take it slower.

Hear the music
Before the song is over.

Source: The 4-Hour Work Week, Timothy Ferriss, Vermilion, London, 2008, p. 284-5.





“Boy Giving Blood”

There was a story of a little girl named Liza who was suffering from a disease and needed blood from her five-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying,

“Yes, I’ll do it if it will save Liza.”

As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, “Will I start to die right away?” Being young, the boy had misunderstood the doctor; he thought he was going to have to give her all his blood.

Never Give Up

Sir Winston Churchill took three years getting through eighth grade because he had trouble learning English. It seems ironic that year’s later Oxford University asked him to address its commencement exercises.

He arrived with his usual props. A cigar, a cane and a top hat accompanied Churchill wherever he went. As Churchill approached the podium, the crowd rose in appreciative applause. With unmatched dignity, he settled the crowd and stood confident before his admirers. Removing the cigar and carefully placing the top hat on the podium, Churchill gazed at his waiting audience. Authority rang in Churchill’s voice as he shouted, “Never give up!”

Several seconds passed before he rose to his toes and repeated: “Never give up!” His words thundered in their ears. There was a deafening silence as Churchill reached for his hat and cigar, steadied himself with his cane and left the platform. His commencement address was finished.

Read more at <http://www.motivationalwellbeing.com/motivational-stories-3.html#ixzz4Kzc8PzvD>

Hospital Windows

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room’s only window. The other man had to spend all his time flat on his back.

The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation.

And every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color of the rainbow.

Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance.

As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn’t hear the band – he could see it in his mind’s eye as the gentleman by the window portrayed it with descriptive words.

Days and weeks passed. One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the world outside. Finally, he would have the joy of seeing it for himself.

He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, “Perhaps he just wanted to encourage you.”

– Author Unknown

Read more at <http://www.motivationalwellbeing.com/motivational-stories-4.html#ixzz4KzdFF4Tn>

This Is Good

An old story is told of a king in Africa who had a close friend with whom he grew up. The friend had a habit of looking at every situation that ever occurred in his life (positive or negative) and remarking, “This is good!”

One day the king and his friend were out on a hunting expedition. The friend would load and prepare the guns for the king. The friend had apparently done something wrong in preparing one of the guns, for after taking the gun from his friend, the king fired it and his thumb was blown off. Examining the situation the friend remarked as usual, “This is good!” To which the king replied, “No, this is NOT good!” and proceeded to send his friend to jail.

About a year later, the king was hunting in an area that he should have known to stay clear of. Cannibals captured him and took him to their village. They tied his hands, stacked some wood, set up a stake and bound him to the stake. As they came near to set fire to the wood, they noticed that the king was missing a thumb. Being superstitious, they never ate anyone that was less than whole. So untying the king, they sent him on his way.

As he returned home, he was reminded of the event that had taken his thumb and felt remorse for his treatment of his friend. He went immediately to the jail to speak with his friend. “You were right,” he said, “it was good that my thumb was blown off.” And he proceeded to tell the friend all that had just happened. “And so I am very sorry for sending you to jail for so long. It was bad for me to do this.”

“No,” his friend replied, “This is good!” “What do you mean, ‘This is good’? How could it be good that I sent my friend to jail for a year?” “If I had NOT been in jail, I would have been with you.”

– Author Unknown

Read more at <http://www.motivationalwellbeing.com/motivational-stories-4.html#ixzz4Kze8k4RT>



Shake It Off and Step Up

A parable is told of a farmer who owned an old mule. The mule fell into the farmer’s well. The farmer heard the mule ‘braying’ — or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer felt sorry for the mule, but decided that neither the mule nor the well was worth saving. Instead, he called his neighbors together and told them what had happened and asked them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back: he should shake it off and step up! This is what the old mule did, blow after blow. “Shake it off and step up... shake it off and step up... shake it off and step up!” he repeated to encourage himself.

No matter how painful the blows, or distressing the situation seemed, the old mule fought “panic” and just kept right on shaking it off and stepping up! You guessed it! It wasn’t long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well! What seemed like it would bury him, actually end up blessing him. All because of the manner in which he handled his adversity.

– Author Unknown

Read more at <http://www.motivationalwellbeing.com/motivational-stories-5.html#ixzz4KzfSwUhF>



How rich are we?

One day a father and his rich family took his son on a trip to the country with the firm purpose to show him how poor people can be. They spent a day and a night on the farm of a very poor family. When they got back from their trip, the father asked his son, “How was the trip?” “Very good Dad!” “Did you see how poor people can be?” the father asked. “Yeah!” “And what did you learn?”

The son answered, “I saw that we have a dog at home, and they have four. We have a pool that reaches to the middle of the garden; they have a creek that has no end. We have imported lamps in the garden; they have the stars. Our patio reaches to the front yard; they have a whole horizon.” When the little boy was finished, his father was speechless. His son added, “Thanks, Dad, for showing me how ‘poor’ we are!”

Isn’t it true that it all depends on the way you look at things? If you have love, friends, family, health, good humor and a positive attitude towards life — you’ve got everything! You can’t buy any of these things. You may have all the material possessions you can imagine, provisions for the future, etc.; but if you are poor of spirit, you have nothing!

— Author Unknown

Read more at <http://www.motivationalwellbeing.com/motivational-stories-6.html#ixzz4KzgdP4zq>

Puppies for Sale

A store owner was tacking a sign above his door that read “Puppies for Sale.” Signs like that have a way of attracting small children and sure enough, a little boy appeared by the store owner’s sign. “How much are you going to sell the puppies for?” he asked. The store owner replied, “Anywhere from \$30-\$50.”

The little boy reached in his pocket and pulled out some change. “I have \$2.37,” he said. “May I please look at them?” The store owner smiled and whistled, out of the kennel came Lady, who ran down the aisle of his store followed by five teeny, tiny balls of fur. One puppy was lagging considerably behind.

Immediately the little boy singled out the lagging, limping puppy and said, “What’s wrong with that little dog?” The store owner explained that the veterinarian had examined the little puppy and had discovered it didn’t have a hip socket. It would always limp. It would always be lame. The little boy became excited. “That is the little puppy that I want to buy.” The store owner said, “No, you don’t want to buy that little dog. If you really want him, I’ll just give him to you.”

The little boy got quite upset. He looked into the store owner’s eyes, pointing his finger, and said, “I don’t want you to give him to me. That dog is worth every bit as much as all the other dogs and I’ll pay full price. In fact, I’ll give you \$2.37 now, and 50 cents a month until I have him paid for.”

The store owner countered, “You really don’t want to buy this little dog. He is never going to be able to run and jump and play with you like the other puppies.”

To this, the little boy reached down and rolled up his pant leg to reveal a badly twisted, crippled left leg supported by a big metal brace. He looked up at the store owner and softly replied, “Well, I don’t run so good myself, and the little puppy will need someone who understands!”

— Author Unknown

Read more at <http://www.motivationalwellbeing.com/motivational-stories-7.html#ixzz4Kzhee63m>



How much do you make an hour?

With a timid voice and idolizing eyes, the little boy greeted his father as he returned from work, “Daddy, how much do you make an hour?” Greatly surprised, but giving his boy a glaring look, the father said: “Look, son, not even your mother knows that. Don’t bother me now, I’m tired.” “But Daddy, just tell me please!? How much do you make an hour,” the boy insisted.

The father finally giving up replied:” Twenty dollars per hour.” “Okay, Daddy? Could you loan me ten dollars?” the boy asked. Showing restlessness and positively disturbed, the father yelled: “So that was the reason you asked how much I earn, right?? Go to sleep and don’t bother me anymore!”

It was already dark and the father was meditating on what he had said and was feeling guilty. Maybe he thought, his son wanted to buy something. Finally, trying to ease his mind, the father went to his son’s room.

“Are you asleep son?” asked the father. “No, Daddy. Why?” replied the boy partially asleep. “Here’s the money you asked for earlier,” the father said. “Thanks, Daddy!” rejoiced the son, while putting his hand under his pillow and removing some money. “Now I have enough! Now I have twenty dollars!” the boy said to his father, who was gazing at his son, confused at what his son just said. “Daddy could you sell me one hour of your time?”

– Author Unknown

Read more at <http://www.motivationalwellbeing.com/motivational-stories-8.html#ixzz4KzirYO5b>



Potatoes, Eggs and Coffee Beans

Once upon a time a daughter complained to her father that her life was miserable and that she didn’t know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot.

He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing.

After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the eggs out and placed them in a bowl.

He then ladled the coffee out and placed it in a cup. Turning to her he asked. “Daughter, what do you see?”

“Potatoes, eggs, and coffee,” she hastily replied.

“Look closer,” he said, “and touch the potatoes.” She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

“Father, what does this mean?” she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity– the boiling water.

However, each one reacted differently.

The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water.

Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

“Which are you,” he asked his daughter. “When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean? “

Moral: In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us. Which one are you?

feel whole™

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Finding Meaning in Medicine

A Conversation Among Friends
Facilitator Guide





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